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TOMORROW

JIMMY FALLON SAYS
HE'S NOT GOING TO
CHANGE HIS COMEDIC
TUNE WHEN HE TAKES
OVER FOR LENO **PAGE 8**





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Bakery offers 'a taste of heaven' delivered in a hearse

Dark chocolate.

Chocolate Zen Bakery unveils newest delivery vehicle



SHANE GIBSON

shane.gibson@metronews.ca

Winnipeg's Chocolate Zen Bakery & Catering is dying to let you know about their killer desserts.

And to help drive home that message, the South Osborne-area chocolate and dessert shop can now be seen making deliveries citywide in a custom-decaled 1994 Cadillac hearse.

"We thought it would be so cool to have a 'desserts to die for' hearse for our deliveries," laughed Barbara Rudiak, who co-owns Chocolate Zen along with partners Douglas Krahn and Betty Lai. "We want to be known as the bakery with the hearse because we know people will talk about it."

The idea is one Krahn has had in mind for the shop for years, explained Rudiak, but it's harder than you'd think to get your hands on a good-quality, previously enjoyed



Chocolate Zen Bakery & Catering co-owner Barbara Rudiak stands with the shop's newest delivery vehicle — a 1994 Cadillac hearse. SHANE GIBSON/METRO

hearse.

"Apparently Cadillac makes all hearses, and funeral homes are instructed to destroy the cars when they're finished using them — they're not supposed to resell them,"

explained Rudiak. "So it was actually quite a process to buy a hearse; we had to go for an interview ... the seller wanted to make sure it was being used in a respectful way."

Chocolate Zen unveiled

their unique delivery vehicle at last weekend's Wonderful Wedding Show, and they're now ready to hit the road, but only when clients specify they want the spooky option.

"We'd certainly never

force it on anyone; we have three other vehicles," said Rudiak, adding she doesn't get the heebie-jeebies at all behind the wheel of the former funeral car: "No, I'm very comfortable driving it."

Havixbeck not sure former Winnipeg CAO will talk to cop shop auditors

As Coun. Paula Havixbeck readies a motion for next week's council meeting calling for an independent audit into the new downtown police headquarters, she admits there are some questions that may go unanswered.

CAO Phil Sheegl, who was in charge of the project,

but quit just days before the damning results of a similar audit into Winnipeg's fire halls, was released in October.

"He may say that he signed a non-disclosure agreement," said Havixbeck. "Silence was bought, because he was paid to leave by (EPC) and that's really unfair to the citizens of

Winnipeg — they deserve the answers."

Originally estimated at \$135 million, the new downtown police headquarters now has a price tag of \$210 million.

Havixbeck said the motion she'll put to council Jan. 29 is similar to the one she helped spearhead in November, ex-

cept this one will have a deadline of June 1.

Graham Lane, a retired auditor, agreed the review can be done by then.

"As long as the access to information is available, the public should be able to see the review long before the election." SHANE GIBSON/METRO



Coun. Paula Havixbeck speaks to media. SHANE GIBSON/METRO

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Arrest made

Winnipeg police believe they cracked cold case from 2006

Winnipeg police have arrested a man with links to street gangs who is no stranger to the justice system in connection to a cold homicide case dating back more than seven years ago.

Steven Pelletier was 29 years old when he went missing back in October 2006.

On Monday police announced they now believe Pelletier was shot dead after being lured into a home in the 500 block of Magnus Avenue by two men on Oct. 4, 2006.

Police believe the two men and associates then hid Pelletier's body at a secluded area outside the City of Winnipeg.

Police wouldn't say whether or not they've located Pelletier's body, citing the ongoing investigation and pending interviews.

Darrel Lavallee, 32, who is already serving a sentence for attempted murder at Stony Mountain Institution, has been charged with second-degree murder for his alleged involvement in Pelletier's death. Police expect to make further arrests in the case. **METRO**



Police spokesperson Const. Jason Michalyshen
SHANE GIBSON/METRO



Police have confirmed the city's first homicide of the year brought them to this rooming house at 283 Andrews St. on Sunday afternoon. Police identified Justin Desmarais, 24, as the victim on Monday. SHANNON VAN RAES/FOR METRO

Police confirm first homicide of 2014

Found dead. Victim known to police, but had no known gang connections



SHANE GIBSON
shane.gibson@metronews.ca

Winnipeg police confirmed Monday they're investigating a grisly find at a North End rooming house over the weekend as the city's first homicide of the new year.

Officers were called to 283 Andrews St. around 3 p.m. Sunday where Justin Desmarais, 24, had been found dead in a suite.

Police spokesperson Const. Jason Michalyshen

wouldn't say how Desmarais had been killed pending the results of an autopsy, but did say investigators believe the victim was in an altercation before he was killed.

"I can just tell you there were obvious injuries to the victim when he was initially located," said Michalyshen, adding police haven't ruled out the possibility Desmarais was killed Friday or Saturday.

"We're certainly looking into the possibility that he had been there, whether that be for a day or two."

Desmarais did not live in the home — an address known to police for drug activity — and Michalyshen couldn't say what brought him to the suite.

"Why he was there, and

who he was associating himself with at that time, is yet to be determined," he said.

"I certainly can't comment on the motivation with respect to his injuries and what exactly transpired at the residence.

"We would consider this still an investigation in its early stages."

A story in Monday's Metro quoted a man at the scene Sunday who claimed to be the victim's uncle and incorrectly identified the deceased as Justin Catcheway.

Police have made no arrests and are asking anyone with information to call them at 204-986-6508 or Winnipeg Crime Stoppers at 204-786-TIPS.

Update. Water main on Laxdal to be replaced after several breaks

After breaking a dozen times this winter, the city of Winnipeg says a water main on Laxdal Road will be replaced.

Almost 40 homes have seen their water service continually interrupted after the pipe on their street broke again and again in the frigid temperatures in

December and January.

"We have been doing everything we can to repair each leak as quickly as possible," said Diane Sacher, Director of the City's Water and Waste Department.

"Replacing this section of water main is a priority."

The project is set to cost \$500,000. **METRO**



Tigers are now at the zoo, oh my!

Tigers Samkha and Vasili have now settled in at Assiniboine Park Zoo after being transferred from Calgary late last week, say zookeepers. Samkha, above, will have 26,000 square feet of habitat to prowl in shortly. ASSINIBOINE PARK ZOO/CONTRIBUTED



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Thefts of mobile devices are on the rise in North America, particularly smartphones and tablets. Remembering to be aware of your surroundings while in any public place can significantly lessen your chances of becoming a victim. For instance, don't walk and text at the same time, you will be less aware of what is happening around you. Don't leave your mobile device unattended or in view of anyone in close proximity, it just takes a second for someone to steal your phone.

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Anger, applause for PM at Knesset

Israel. Harper receives standing ovations for speech calling Israel's opponents anti-Semites, as pair of members storm out

Prime Minister Stephen Harper warned Monday of a new age of anti-Semitism, staking new ground in his allegiance to Israel by telling the country's parliamentarians that those who oppose the Jewish state are little more than hateful anti-Semites.

The loathing for Jews that resulted in the "horrors of the death camps" of Nazi Germany was crude and ignorant, Harper said in a historic speech to the Knesset, the first such address before the Israeli parliament by a Canadian prime minister.

"But in much of the western world, the old hatred has been translated into more sophisticated language for use in polite society," he said.

"People who would never say they hate and blame the Jews for their own failings or the problems of the world instead declare their hatred of Is-



Prime Minister Stephen Harper addresses the Knesset in Jerusalem on Monday. SEAN KILPATRICK/THE CANADIAN PRESS

rael and blame the only Jewish state for the problems of the Middle East."

Harper's speech was greeted by several prolonged standing ovations — and one dramatic outburst that served to illustrate the tense relations that characterize the Jewish-Arab relationship in the region.

"Israel is an apartheid state," shouted Ahmad Tibi, an Arab-Israeli member of parliament who then stormed out of the Knesset, followed by a colleague.

The pair angrily strode from the chamber after Harper assailed the "twisted logic" of making such a comparison to South Africa's racist regime.

Throughout his speech, Harper looked back into history, touching not just on the Holocaust but Canada's own refusal in the 1930s to help Jewish refugees, something he deemed a "terrible mistake."

He spoke of the founding of Israel as a place where people could "seek shelter from the shadow of the worst racist ex-

periment in history."

While criticism of Israeli government policy isn't anti-Semitic, Harper said, criticism that targets only Israel while ignoring violence and oppression in its neighbours is unacceptable.

"It is, thus, a Canadian tradition to stand for what is principled and just, regardless

Quoted

"Just as we unequivocally support Israel's right of self-defence, so too Canada has long supported a just and secure future for the Palestinian people."

Prime Minister Stephen Harper

of whether it is convenient or popular," Harper said. "But, I would argue, support today for the Jewish state of Israel is more than a moral imperative. It is also of strategic importance, also a matter of our own, long-term interests."

Harper said the forces that have threatened Israel "every single day of its existence" threaten all countries, "as 9/11 graphically showed us."

The prime minister said he refused to single out Israel for criticism, saying it is easy to follow the international crowd and focus only on one country — a "go-along-to-get-along" approach he described as both weak and wrong.

But Canada would be quick to welcome a new sovereign Palestinian state if its leaders chose democracy and peace, he added. **THE CANADIAN PRESS**

On Sochi's outskirts, Olympic project is no game

A new \$635-million highway on the outskirts of Sochi stands next to a crumbling apartment block with a red "SOS!" banner on its roof.

The residents of 5A Akatsy St. have lived for years with no running water or sewage system. Construction for the 2014 Winter Games has made their lives more miserable. The new highway has cut them off from the city centre.

The slum is one of the many facets of a hidden dark side in the host city of next month's Winter Olympics, which stands side-by-side with the glittering new construction projects that President Vladimir Putin is touting as a symbol of Russia's transformation to a modern economy.

While state-run TV trains its cameras on luxury malls, sleek stadiums and high-speed train

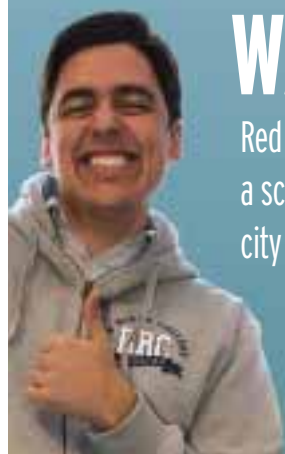
links, thousands of ordinary people in the Sochi area put up with squalor and environmental waste: Villagers living next to an illegal dump filled with Olympic construction waste, families whose homes are sinking into the earth, city dwellers suffering chronic power cuts despite promises to improve electricity.

Putin promoted the Sochi Games, which begin on Feb. 7,

as a unique opportunity to bring investment to the Black Sea resort and improve living standards for its 350,000 residents. Looking back at those promises, many residents, weary from years of living in the midst of Russia's biggest construction project in modern history, say they have yet to see any improvement in their lives and point to an array of negative effects. **THE ASSOCIATED PRESS**



Irina Kharchenko walks from her house beside the screen separating her yard and a federal highway in the village of Vesolyoye, outside Sochi, Russia, on Nov. 27, 2013. ALEXANDER ZEMLIANICHENKO/THE ASSOCIATED PRESS



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**AS SEEN ON
WINDCITY.TV**

Noted Canadians supporting Neil Young

Oilsands. Letter from artists, authors, scientists calls for a land where 'laws are not written by powerful oil companies'

More than 20 notable Canadians have penned a letter

to support musician Neil Young following his concert tour to raise money for a First Nation fighting oilsands expansion in northern Alberta.

The group includes creative and performing artists, authors, scientists and a lawyer.

Actor Neve Campbell, Booker-prize-winning author Michael Ondaatje and musi-

First Nations rights

"The time has come for Canada to decide if we want a future where First Nations rights and title are honoured."

Excerpt from the letter released Monday.

cian Gord Downie of the Tragically Hip are among those

who signed the letter. It says that Young's tour raised more than \$500,000 to help the Athabasca Chipewyan band pay for a legal attempt to protect its traditional land.

The letter also says that Canada must decide if it wants to protect the environment. Young played Toronto, Winnipeg, Regina and Calgary.

THE CANADIAN PRESS



Actress Neve Campbell, one of 20 who gave support. ANGELA WEISS/GETTY IMAGES

Rosetta spacecraft. Sleeping comet-chaser sends its first signal home: 'Hello world!'

A comet-chasing space probe that has been in hibernation for almost three years has woken up and sent its first signal back to Earth.

The European Space Agency received the all-clear message "Hello World!" from its Rosetta spacecraft some 800 million kilometres away shortly after 7 p.m. Monday (1800 GMT; 1 p.m. EST).

Rosetta was put into hibernation in 2011 to conserve energy for its long journey to meet with comet 67P/Churyumov-Gerasimenko.

If all goes as planned, the probe will rendezvous with the comet in the coming months and drop a lander onto its icy surface in November.

THE ASSOCIATED PRESS



An artist's impression of Rosetta. THE ASSOCIATED PRESS

Mix of chemicals

Mint worker hurt in chemical burn on the job

A 22-year-old worker at the Royal Canadian Mint is in stable condition after suffering first-degree chemical burns to his eyes, face, ears and the back of his neck.

The man was treated at the scene for exposure to a mix of chemicals, including silver nitrate, and was taken to hospital.

Although his wounds are considered mild, burns caused by chemicals can continue to affect the exposed area, paramedics said. Ottawa paramedics got the call to the Royal Canadian Mint just before 8 a.m. on Monday.

THE CANADIAN PRESS

Fredericton

Man in custody following a machete attack

Four people were injured, including the suspect, following an attack at a Fredericton college involving a machete-style knife, police said Monday.

Cops responding to the attack at Eastern College found three injured victims: two teachers and a student, Fredericton police Chief Leanne Fitch told a news conference.

Fitch said a student had the man subdued on the floor of a hallway when police arrived. The three victims were taken to hospital with non-life-threatening injuries. The suspect also had minor injuries.

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For better, for worse.

With the cost of tying the knot soaring, couples are committing to insurance for their big day

Worried about the bride getting cold feet? There's an insurance policy for that.

With the cost of the average American wedding reaching about \$26,000 US, insurers have been selling a growing number of policies to protect against losses from extreme weather, illness and, in one firm's case, even a sudden change of heart.

Cheryl Winter spent \$500 US for Hartford-based Travelers Cos. Inc. to cover her daughter's \$50,000 US destination wedding last October in New Orleans, where

her biggest concern was a potential hurricane. The weather co-operated, but the limousine never showed up. Her daughter took a taxi to the church, and they used the insurance policy to claim the deposit money they couldn't get back from the limo driver.

The insurance is offered by a small number of U.S. companies. Insurers declined to provide data on the number of customers beyond saying they are growing steadily. It can cover losses from issues ranging from bankrupt wedding halls to cancellations forced by unexpected military deployments. Travelers says issues with vendors account for about a quarter of the claims, with most of those related to issues with photographers or videographers.

THE ASSOCIATED PRESS



Credit card execs apologize for data theft in South Korea

The heads of three major South Korean credit card firms (from left: NH Nonghyup Card head Sohn Kyung-ik, Lotte Card CEO Park Sang-hoon and KB Kookmin Card CEO Shim Jae-oh) bow to offer a public apology during a news conference in Seoul on Monday. The firms were the victims of a massive theft of personal data such as salaries, monthly card usage, credit rating and card numbers linked to 80 million cards. Cardholders are flocking to bank branches and overloading call centres and service websites to find out whether their information was stolen. KIM JU-SUNG/YONHAP/THE ASSOCIATED PRESS

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Severe weather. Insurance industry hit by record \$3.2B in payouts in 2013

Ice, floods and thunderstorms made 2013 the worst year ever for severe weather insurance losses in Canada.

The Insurance Bureau of Canada says the December ice storms in southern Ontario and Atlantic Canada caused more than \$200 million in insured losses, pushing total severe-weather payouts to policyholders last year to \$3.2 billion.

"In 2013, the terrible effects of the new weather extremes hit Canadians hard," CEO Don

Forgeron said Monday in a release.

"From the Alberta floods last summer to the ice storms in Ontario and Atlantic Canada over the holidays, frankly, bad weather hit insurers hard, too."

The insurance bureau said the largest disaster was flooding that soaked southern Alberta after torrential rains in June.

That caused more than \$1.74 billion in insured damage. THE CANADIAN PRESS

Charge rage. Silicon Valley goes from green to red over car-charging port shortage

An increasing number of electric-vehicle driving employees at Silicon Valley companies are finding it hard to access car-charging stations at work, creating incidents of "charge rage" among drivers.

Installation of electric vehicle charging ports at some companies has not kept pace with soaring demand, creating thorny etiquette issues in the

workplace, the San Jose Mercury News reported.

Peter Graf, chief sustainability officer for German software company SAP, says the company's 16 charging stations are not enough for the 61 employees who drive electric vehicles.

Graf says cars are getting unplugged while charging, creating animosity between employees. THE ASSOCIATED PRESS

Cross-border shoppers

Target warns security breach may hit Canadians

Target is warning its Canadian customers that a massive security breach at the retailer over the holiday season may have led to their personal information being stolen.

An email sent to some customers by the retailer on Monday said it believes cross-border shoppers who went to U.S. Target stores between Nov. 27 and Dec. 15 were affected.

Target said its investigation found that personal information, like the names, addresses, emails and phone numbers of some Canadians may have been stolen.

THE CANADIAN PRESS

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Nasdaq and Dow Jones closed for Martin Luther King Jr. Day.

TICK-TOCK, DRINK COFFEE ON THE CLOCK

In the dark depths of winter, it can be a challenge to convince myself to leave the house, but nothing will force me out the front door in freezing temperatures like the need for caffeine.

Back in the 1980s, Starbucks president and CEO Howard Schultz envisioned the urban coffeehouse as a kind of "third place" between work and home, a space for individuals to come together to engage in conversation and develop a sense of community. Twenty years and 20,000 plus stores later, most Starbucks locations have been colonized by armies of laptop-wielding students and freelancers who treat these cafés as their own personal workspaces, spreading out over multiple tables and taking advantage of the free Wi-Fi for hours at a time.

And it's not just coffee shop patrons who tend to overstay their welcome. Managers at a McDonald's in Flushing, N.Y., are at a standoff with a group of elderly customers who have been parking themselves in the seating area for long periods of time and refusing to leave. While most fast



SHE SAYS
Jessica Napier
metronews.ca

food restaurants try to enforce a standard 20-minute time limit, these defiant customers have been camping out on a daily basis from early in the morning until late at night while nursing only a cup of coffee or splitting a small order of french fries amongst themselves. Not only is this bad manners, it's also bad for business. The lack of available seating for new paying customers has prompted the staff to call the local police to help eject the group, but these rebellious elders keep coming back.

In any city there is a definite need for public gathering spaces, but private companies shouldn't be obligated to provide this type of service. So while it is nice for these seniors to be able to come together and socialize in a warm, well-lit environment, there also seems to be a gross sense of entitlement on display from these colonizing customers who insist on lingering all day long without paying their fair share. Some people might criticize McDonald's for kicking them out into the cold, but even monolithic corporations have a right to manage their locations in a

profitable way.

In Europe, one particularly unique café seems to have solved the problem of loitering clients by entirely rethinking the concept of time limits. At Ziferblat, a Russian chain which opened its first U.K. outpost in London, England earlier this month, guests don't pay per beverage, rather they're charged about five cents for every minute they spend inside the establishment.

Named after the Russian word for clock face, Ziferblat offers a unique kind of community space where clients are treated more like micro-tenants than customers. Visitors are welcome to use the kitchen facilities, provided they clean up after themselves, and enjoy complimentary tea, coffee and snack foods. In fact, everything is free except for the time you spend there.

Two years after launching their first outpost in Russia, the founders of Ziferblat stress that the café is more of a social project than a business model. But this pay-per-minute concept might just be the right approach when it comes to combating those free-loading regulars.

Follow Jessica Napier on
Twitter @MetroSheSays



ZOOM

Tiger friends – they're grrrreat



Man and big cat make best buds

Mulan Jamilah, a six-year-old Bengal tiger and Abdullah Sholeh, 33, play in the garden beside their home on Monday in Malang, Indonesia.

Abdullah is an Islamic student who has become a best friend and a full-time nanny to the tiger. Mulan's owner, Noer Muhammad Sholeh, 51, asked Abdullah to take care of the tiger when it was a three-month-old cub.

Abdullah regularly sleeps, plays and fights with the huge tiger. The pair are so inseparable, he often opts out of sleeping in his own bed to sleep alongside the big cat in her enclosure.

GETTY IMAGES

No friend too big or small

178 kg

Mulan now weighs 178 kilograms, is three-metres long including the tail and one-metre high. For security reasons, they have had to install metal bars to separate them when they are together in the enclosure. Mulan is fed six kilograms of chicken or goat meat twice a day.

ROBERTUS PUDYANTO/GETTY IMAGES

Clickbait



LUKE SIMCOE
Metro Online

Whether it was Facebook's ever-changing settings, Google's willingness to put your profile pic next to an ad somewhere, or leaked documents suggesting the U.S. government is spying on pretty much everyone, 2013 was the year where privacy concerns went mainstream. There's plenty of reasons to care about privacy, even if you've got nothing to hide. So let's make a belated New Year's resolution to take back control over our own data. Here are some web browser extensions to help clean up your trail of online bread crumbs:

AdBlock Plus:

I honestly don't remember what the Internet looked like before I installed AdBlock Plus. In addition to blocking pesky banner ads and pop-ups, this extension also disables third-party tracking cookies and scripts.

Disconnect:

This app works on almost any web browser (even Internet Explorer!) to block third-party tracking cookies and other website scripts. Disconnect also protects you from tracking by social media sites like Facebook and Twitter, which follow you around the web collecting your browsing data for their coffers.

HTTPS Everywhere:

Considered a must-have by security experts, this extension shunts you to a more secure connection on any website that offers it. It's a very easy way to make your browsing more private without lifting a finger.

Twitter



@metropicks asked: At @ziferblat-london visitors are welcome to tea, coffee but pay 5¢ a minute for the stay. Would this work in your city?

@Canucklehead_ca: At the rate I consume coffee this would actually be a pretty sweet deal.

@ctmwn: I kind of wish there'd be hotels with the same pricing scheme as @ziferblatlondon #PayAsYouGo #ByTheMinute

@theReal_KPHILL: not a car wash, Going out for Coffee I wanna relax, chat, check my phone, don't wanna feel rushed

WE WANT TO HEAR FROM YOU:

Send us your comments: winnipegletters@metronews.ca



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SCENE 2

DVD review



Captain Phillips

Director. Paul Greengrass

Stars. Tom Hanks

The high-seas survival drama Captain Phillips raises the pulse and tweaks the conscience. Directed by Paul Greengrass, who makes smart thrillers, and starring Tom Hanks in his best role in years, this isn't simply a tale of heroism and adventure. There is anxiety on both sides of the gun. We certainly cheer on Hanks as real-life seafarer Capt. Richard Phillips. In the spring of 2009, Phillips faced almost certain death after his cargo ship and crew of 20 were hijacked off the coast of Somalia by four armed men who demanded millions of dollars in ransom. We are also asked to consider the desperation of the four pirates. The well-rounded script by Billy Ray (The Hunger Games, Shattered Glass), based on Phillips' own account, shows how the hijackers are driven by extreme poverty and also by the warlord's bullets that await them back home. Hanks dials down his usual ebullience to radiate quiet determination as Phillips. This film leaves you not singing God Bless America, but rather pondering a dysfunctional world where hollow-eyed men of skin and bones feel compelled to take on a superpower.

PETER HOWELL

Fallon owns the night

From Jay to Jimmy.

Late Night host gears up to take the Tonight seat from Leno, but will his style stay the same?

Jimmy Fallon's Tonight show, which debuts next month with actor Will Smith and U2 as guests, will look familiar to people who appreciate his current work in the time slot following Jay Leno.

Fallon said he doesn't expect to change his brand of comedy to tailor himself to an earlier time slot. Fallon and his successor at Late Night, Seth Meyers, met with reporters Sunday as NBC begins the delicate process of a late-night transition.

"This show has completely changed from when I first started," Fallon said of Late Night, which he has hosted for five years. "I feel like we've blossomed into what will become the new Tonight show."

He rejected the idea of changes to make himself more appealing to an older, middle American audience that likes Leno. It's a delicate subject at NBC, where executives believe Conan O'Brien's limited appeal doomed their first effort to replace Leno. The executives anticipate Fallon's light-hearted comedy translating better.

Leno closes his two-decade run on Tonight Feb. 6 with Billy Crystal and Garth Brooks as guests. On Feb. 17, Fallon debuts a week's worth of shows at midnight following NBC's coverage of the Winter Olympics. He moves into his regular time slot a week later, followed by Meyers, who has Saturday Night Live chum Amy Poehler booked as his first guest.

NBC's entertainment president, Robert Greenblatt,



Jay Leno, left, and Jimmy Fallon pose backstage at the Golden Globe Awards in this Jan. 2013 file photo. Leno is set to wrap up his 22-year run as host of The Tonight Show, and Fallon — who has hosted Late Night since 2009 — will take over the gig. THE ASSOCIATED PRESS FILE

Quoted

"I feel like we've blossomed into what will become the new Tonight show."

Jimmy Fallon on the style of his Late Night show

said he'd like to keep Leno at NBC, perhaps to host regular specials. Fallon said he's not worrying about whether Leno leaves NBC and decides to keep working in late-night TV elsewhere.

Fallon said he called Leno when he got the Late Night job to reassure him he wasn't gunning for Leno's gig. He said they have spoken regularly, and he's taken some of Leno's advice, most prominently to make his nightly monologues longer.

"He's a good guy," Fallon said.

Fallon's Tonight show "should be goofy and fun and make everybody laugh. That's our job," he said. He said he appreciates showing different sides of celebrities by getting them involved in skits or games, like when Tom Cruise cracked two raw eggs on his head. Fallon's musical skits are

among his most memorable. He said he alerted New Jersey Gov. Chris Christie's office ahead of time about his recent duet with Bruce Springsteen that spoofs Christie's traffic jam scandal.

Although Fallon is moving Tonight to New York from the West Coast, he said he will take the show on the road, including to Los Angeles, for a couple of weeks a year.

Some critics have noted that the formal title of the show is changing from the Tonight

Show With Jay Leno to the Tonight Show Starring Jimmy Fallon. Fallon said it was an homage to the show's roots.

Meyers said the legacy of Late Night is that hosts get to do weird things and that people have a little more patience with it.

But he seems very much the traditionalist. The current head writer of Saturday Night Live values writing, and he's brought the author of his SNL Weekend Update segments over to lead his own writing team. Meyers said he's looking to build a stable of writer-performers and that a strong monologue will be key to his show. "If you get too hung up on the legacy of what you're getting into, it gets in the way of the work," Meyers said. "Our goal is to be as funny as we can and get better every night."

THE ASSOCIATED PRESS

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Aminda Green, Liang Xing (Guest Artist) photo: Ryan Brand Photography

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word



Tumblr got a taste of Blue Ivy's White House visit over the weekend.
TUMBLR: IAM.BEYONCE.COM

Of pop stars, politicians, puppies and a pint-sized princess

MELINDA TAUB
Metro World News

The great thing about two-year-olds is that glamour doesn't exist for them. Sure, it's great for a baby if her parents are huge pop stars who hobnob at the White House, but the number one item on her agenda is still "Doggy doggy doggy doggy."

Beyoncé visited said White House this past weekend to perform for Michelle Obama's 50th

birthday, and she brought husband Jay Z and their daughter Blue Ivy along for the ride. Blue, clad in cat ears and an adorable white tulle gown that I would have murdered for when I was little, got to check out the White House Christmas tree and watch her mom perform, according to the sweet photos posted on her mama's Tumblr.

But could any of that compare to the sublime fuzziness of the Obama's Portuguese water dog, Bo? Beyoncé posted several blurry but adorable snaps on Tumblr of Bo and Blue making friends.

Maybe, instead of renting out a zoo and buying her a miniature Porsche for her second birthday last week, Jay and B should have gotten Blue a puppy.

Michael C. Hall won't slash the idea of recreating his killer role

Possible bad news for Oregon loggers: Michael C. Hall won't rule out a return to playing Dexter. But he'd want to see the finish line.

Hall, promoting his movie *Cold* in July at the Sundance Film Festival, said in an interview over the weekend that he agreed with Showtime executives who recently declared that any potential spin-off series would have to include Hall.

"Masuka! I would watch that," he joked, referring to the show's humorous forensics specialist Vince Masuka, played by C.S. Lee.

More seriously, Hall said of a possible spin-off series, "I can't even wrap my mind around that. And it's all just theoretical until there is some sort of script reflecting somebody's idea of where it could possibly go. But it's hard for me to imagine what that would be."

Hall, 42, also won't rule out a return to TV more generally.



Michael C. Hall GETTY IMAGES

"Yeah, as far as playing Dexter again for an undefined amount of time, that's a little daunting to consider. But doing another television series ... There's a lot of amazing stuff on TV. I don't want to do that right away. But I wouldn't say never to that."

THE ASSOCIATED PRESS



Jonathan Goldsmith MICHAEL HELMS/HATHAWAY COMMUNICATIONS

He doesn't often show his soft side, but when he does, it's for the dogs

The most interesting man in the world is helping a Vermont-based company raise money to fight cancer in dogs.

Jonathan Goldsmith is a Manchester resident made famous by his role in the Dos Equis beer commercials. But he's also a dog lover hoping to raise funds for the Denver-based Morris Animal Foundation, which promotes veteri-

ary research for companion animals, horses and wildlife.

Goldsmith made an online commercial with his Anatolian shepherd Willy as part of a campaign by the Manchester-based Orvis Co., which is known for its outdoor apparel but also has a dog catalogue. He says he lost a dog to cancer and is glad to support a good cause. THE ASSOCIATED PRESS

Barrymore isn't keen on her kin baring it all as an adult



Drew Barrymore GETTY IMAGES

Drew Barrymore's daughter, Olive, is only 15 months old, but mom is already setting down some ground rules. "I would not let her" pose for Playboy, Barrymore tells ABC News. Barrymore did a spread for the magazine when she was 19. "I don't think I would. I would influence her not to, because my life choices aren't supposed to be the gateway to somebody else's. That's my journey." METRO

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5 steps for a healthier you

It's not as hard as you think. Sometimes it's as easy as getting out for a walk and drinking more water

Committing to living a healthier lifestyle doesn't have to mean major dietary restrictions and rigorous workouts.

Kristy Del Coro, a registered dietitian and nutritionist in New York City, offers five easy tips in getting healthy.

Eat breakfast

Eating a healthy breakfast sets the tone for the day. Most studies show skipping breakfast to "save your calories" does just the opposite, causing people to consume more calories later in the day.

Your best bet? Start with lean protein, complex carbohydrates and some healthy fat to give you energy and keep you satisfied until your next meal. Some good go-to combinations are whole grain toast with all-natural nut butter (peanut, almond, walnut); steel-cut oatmeal topped with berries and unsalted nuts; low-fat Greek plain yogurt with fresh fruit; or, if you have a little extra time in the morning, an omelet made with one egg and two or three egg whites, easy-to-cook veggies like spinach and mushrooms.

Get up and get out

One of the first things you can do for your health is to move more. Small changes like getting off the subway a stop early, taking the stairs at work or carving out 10 minutes on your lunch break to go for a walk really make a difference.

Hydrate, hydrate, hydrate!

An easy first step in feeling



Dietician Kristy Del Coro says eating a healthy breakfast, such as low-fat plain Greek yogurt and fruit, will set the tone for the entire day. ISTOCK

healthy is to rehydrate. This means taking a hiatus from sugary drinks and alcoholic beverages, and loading up on caffeine-free, sugar-free fluids. Any variation of water will do — seltzer, mineral or tap. To keep a little excitement in your beverage, I suggest adding some slices of fresh citrus (grapefruit, orange, lemon or lime) or even fresh mint for natural sweetness.

Curb your sweet tooth

One of your priorities in starting fresh is to swap out those nutrient-poor simple carbohydrates with nutrient-dense complex carbohydrates like fruits and vegetables, whole

grains and legumes.

If you've really developed a sweet tooth (craving sweets after every meal), you may need to go cold turkey to help get on track. Before you know it, the cravings will subside and you can go back to enjoying sweet treats every once in a while as part of a balanced diet.

Set yourself up for success

To ensure success, it is a good idea to plan ahead. Think of at least one new positive step you can take per week that you know you can achieve. Whether it's focusing on exercise, curbing your sweet tooth or eating more balanced

meals, it may pay off more in the long run to just start with one instead of trying to achieve everything at once.

Whatever you choose, create an environment conducive to achieving that goal.

This may mean signing up for a fun exercise class at the gym with a friend, getting rid of any tempting sweets in the house, or stocking your fridge full of colourful fruits and vegetables that inspire you to cook healthy delicious meals at home.

For many people, selecting one area to focus on at a time is less overwhelming and often more realistic.

METRO

Review

Visualize your goals with a calorie tracker



MIND THE APP

Kris Abel
@RealKrisAbel
scene@metronews.ca

Calorie Counter by MyFitnessPal iPhone/iPad/Android Free Find nutritional information for everything you eat with this barcode-scanning calorie tracker that visualizes your progress with helpful charts while keeping your goals in view through reminders and informed feedback.



Half-Off

Elisha is now two weeks into her plan to lose 10 pounds in six weeks. Will her fear of working out in public help or hinder her plans? Visit metronews.ca/voices/half-off to find out.



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Living longer. Nine rules for longevity inspired by 94-year-old track star

What Makes Olga Run? author Bruce Grierson has written nine rules for living a longer, happier life which were inspired by his book's central subject, 94-year-old Canadian track star Olga Kotelko.

"We're all individual and there's so much variation between people. But there are enough things that Olga does which science backs up that I felt comfortable about saying: 'These nine things most people will benefit from,'" he said.

Keep Moving

Move continually, even when you're not exercising. "When we move, our bodies and brains both work better. We think faster, process information more accurately, and remember more."

Create Routines (But Sometimes Break Them)

"Committing the more mundane parts of our life to habit and routine frees up RAM for the things that matter to us."

Be Opportunistic

"Spend your precious energy wisely." Conserve energy when you can, but when you need to go for it, go for it.

Be a Mensch

"Doing good doesn't just feel good, it works. It's healthy for the tribe and healthy for us."

Believe in Something

"Belief is a trait of temperament." People who embrace life's puzzles as opportunities for problem-solving because of larger beliefs tend to thrive.

Lighten Up

"Managing stress is staggeringly important in terms of flipping genetic switches."

Cultivate a Sense of Progress

According to studies of life satisfaction and human motivation, we all need to feel like we're improving. Identify your expectations, adjust them to allow for "small wins," then improve upon them.

Don't Do It If You Don't Love It

"If it's not fun, don't do it. That's easy because you won't if it isn't. People can't be guilted into lasting healthy behaviour change. Should doesn't work."

Begin Now

"Not only is mid-life not too late to embark on this, providing we rev back up slowly. In some ways, it's the best time for it. We're rested, we're restless, we're ready." **THE CANADIAN PRESS**



Movement is one factor that can contribute to a longer life. ISTOCK

Dating rut? Time to ditch your bad habits

Old habits die hard.

But if your love life isn't quite what you want it to be, you've gotta switch it up

Amber Madison, a relationship expert and therapist in New York City, offers tips to get out of your dating rut, get a new strategy, and ditch those habits once and for all!

Stop making excuses. Are you always making up reasons to not try your hardest when it comes to dating? Maybe some of these sound familiar: "I'm not going to find someone online, anyway." "I'm not going to date until I lose weight." "I'm doing pretty well on my own right now." Stop talking yourself out of taking the necessary steps to find someone. Admit to yourself you want a relationship if that's what you want, make the commitment to try to find one and be proactive about meeting people.

Quit being too judgmental. Of course when you're meeting people you have to be a little picky. But whether you're deciding who to talk to at a bar or whose messages to respond to online, don't pick people apart and discount them based on one feature you're not that into, physical or otherwise. You have to give



Relationship expert Amber Madison says you have to be proactive about meeting people. ISTOCK

people a chance to win you over with the full package.

Avoid staying in a relationship that's going nowhere. Breakups are no fun. But you can't stay in a relationship that isn't right just because you don't want to deal with a breakup, are scared of being alone, or things feel comfortable. You deserve to be with someone who really makes you happy, and your partner deserves to be with someone who actually adores them. If

you haven't caught the right one, you have to get back out there and try again.

Don't take your relationship for granted. Relationships have to be nourished and protected no matter how long you've been in one. Regularly schedule a date night where you get out of the house and do something different with each other. Even when you're busy and exhausted, make time to talk to one another about

your days, what's going on in your personal lives, and anything else that's been on your mind. Yes it's easier to get home from work and just plop yourself on the couch in front of your favourite TV shows. But just like you have to put effort into working out regularly if you want to stay in shape, you have to put effort into your relationship even when things are going well.

AMBER MADISON

How to get the sleep of your dreams

Dr. Robert Oexman, director of the Sleep to Live Institute, has these simple and easy tips for making the most out of your shut-eye in 2014:

Make a commitment to sleep. If you have to wake up at 7 a.m. to get to work, start preparing for bed at 10:30 p.m.

Darken the room, do not watch TV or work on the computer.

Do something calming like taking a hot bath or shower. Get into bed at 11 p.m. and find yourself resting your way to health.

Take advantage of the cold weather and turn your thermostat down. Your

room temperature should be around 19 degrees Celsius. If that temperature is too cold for you, use blankets to stay warm.

The cool room allows your core body temperature to decline, which is necessary to fall asleep and stay asleep.

Don't let the early darkness rob you of sleep. If you find yourself falling asleep in the evening before it is time to go to bed, expose yourself to light and get up and move around.

If you nap before bed it will make it more difficult to fall asleep and stay asleep.

METRO



Nobody wants to be this guy. ISTOCK

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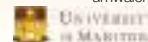
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NEWS CANADA

We have all heard it — the home remedies to cure a cold or flu told to us by the friend of a friend of a friend who just swears it always works.

Some people consume copious

amounts of a specialty tea, while others are proponents of sweating out your sickness. Some mix cough syrup concoctions and others are convinced you have to ride out the storm.

The best way, however, to ease seasonal cold and flu ailments, like runny nose, sore throat and aching body, is to protect yourself before you get sick.

Here are some tips to help you keep

seasonal illnesses away.

1 Get the flu shot. It's free and it can prevent the flu from taking hold up to 90 per cent of the time among healthy adults and children.

2 Wash your hands with soap and water thoroughly and often.

3 Keep alcohol-based hand sanitizer handy with at least 60 per cent alcohol content.

4 Cover your mouth and nose with your arm or use a tissue when you cough or sneeze to help keep stuff off hands and dispose of the tissue immediately.

5 Stay home from work if you are feeling sick.

6 Avoid touching your eyes, nose and mouth since the flu virus usually enters the body through those areas.

7 Eat well, exercise and get enough rest.

8 Get educated and know when the cold and flu are likely to hit your community.

Don't spend all winter experimenting with home remedies. Proactively protect yourself from cold and flu germs this season and you can stop your runny nose before it starts flowing, soothe your throat before it starts hurting and ease your aches before you start aching. — *News Canada*



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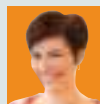
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Health Solutions

An apple a day... well, you know the rest



NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

How do you like them apples?

Some are good to cook, others are best eaten out of hand, but the true Canadian Mac can do both.

McIntosh are great cold-weather fruit that have all the health benefits including vitamin C and high amounts of the gelatinous pectin that helps remove cholesterol from your system.

Have you thought of trying them like this?

- Braised in apple juice as a simple dessert.

- Used in cooking, particularly with pork.

- Cored and stuffed with oats, butter and cinnamon.

- Dipped in stout beer and served with nuts for cocktail hour.

Some apples turn to mush when baked but the Mac holds its shape and lends its tart sweetness graciously.

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM



PREP
20 MINUTES

This recipe serves two. COURTESY THERESA ALBERT

THERESA ALBERT
myfriendinfood.com

Something about sweet-tart Macs goes perfectly with pork chops and this recipe takes very few steps of prep then cooks itself in one pan.

1. Cut onion in half and into slices. Brown in oil for 2-3 minutes in a large, heavy skillet with a lid. Set aside.

FLASH FOOD



From your fridge
to your table in
30 minutes or less

2. Slice apples and set aside on a plate with the onions.

3. Brown chops over high heat one at a time and place with apples.

4. Pour wine into pan and stir in apple butter and thyme.

5. Add chops back with apples and onions, and cover. Turn down to medium and simmer 10-15 minutes until cooked through. Serve with mashed sweet potatoes.

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND TORONTO PERSONAL NUTRITIONIST. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

Ingredients

- 1 onion
- 1 tsp grapeseed oil or other
- 2 McIntosh apples
- 1 lb pork chops, 2-3 thin chops
- 1 cup white wine or apple juice
- 2 tbsp apple butter or marmalade
- 2 tsp thyme
- salt and pepper, to taste

Grapes and mustard sauce dress up chops

Ingredients

- 4 1/2-inch-thick boneless pork chops, trimmed of any fat
- Kosher salt and black pepper
- Blending flour, for dredging
- 1 1/2 tbsp vegetable oil
- 1/4 cup finely chopped onion
- 1 cup seedless grapes, halved
- 1/4 cup dry white wine
- 3/4 cup low-sodium broth
- 1/2 tsp dark brown sugar
- 1 tbsp Dijon mustard

1. Season pork chops on both sides with salt and pepper. One at a time, dip chops in flour, coating well on both sides, but shaking off excess.

2. In skillet over medium-high, heat 1 tablespoon of oil. Add chops to pan and cook until lightly browned on first side, 2 minutes. Add remaining oil to skillet, turn chops and cook for 1 minute on second side. Transfer them to a plate and cover loosely with foil.

3. Add onion and grapes to skillet, reduce heat to medium-low and cook, stirring often, until onions are golden brown, about 3 to 4 minutes. Increase heat to high, add wine and bring to a boil. Simmer, stirring, until the wine is reduced to 1 tablespoon. Add veg or chicken broth and sugar and simmer until broth is reduced by half.

4. Reduce the heat to medium-low, return the pork

to the skillet, along with any juices that have accumulated on the plate and simmer very gently, turning the pork several times, for 1 minute. Transfer each pork chop to a serving plate. Add the mustard to the sauce, whisking, then season with salt and pepper. Pour the sauce evenly over each portion and serve right away.

THE ASSOCIATED PRESS/ SARA MOULTON, AUTHOR OF SARA MOULTON'S EVERYDAY FAMILY DINNERS.



This recipe serves four. MATTHEW MEAD/THE ASSOCIATED PRESS

Money 101. Two couples, one year to make them richer

Keeping up with the Jones' in 2014

Do you ever wonder what the Jones' are actually doing with their money? If so, you will finally get a peek inside their bank account. For the next 12 months, I will be following the financial decisions of two Canadian couples. By uncovering each couple's money realities, and offering practical advice, we will map out a plan to help them reach their financial goals.

My ultimate goal in this social experiment is to increase each couple's net worth. The series will explore subjects like debt reduction, saving, major life changes like buying a home and having a baby, relationships and money, calculating how long it will take to save \$1 million or pay off a house, and so much more. You will find plenty of resources throughout the year, so follow along with the homework I will be dishing out every month. — Lesley-Anne Scorgie/For Metro



ANDREY POPOV/SHUTTERSTOCK



LUXORPHOTO/SHUTTERSTOCK

Carolina and Jose



LESLEY-ANNE SCORGIE
For Metro

Carolina and Jose married eight years ago and make their home in Calgary. The couple, aged 33 and 31, respectively, have three girls younger than five.

Jose works in the roofing business and does some freelance wedding photography to earn extra income. Between their eldest heading to kindergarten, potty training their toddler and soothing their teething infant, Carolina has her hands full as a stay-at-home mom. Carolina plans to return to work once their children all reach school age.

When government child tax benefits are included, the couple earns an annual income of approximately \$55,000. After many years of feeling like they aren't getting ahead, Jose and Carolina are eager to improve their financial position. Together, they dream about one day having enough savings for re-

Assets		Liabilities	
RESP for their Eldest Child	\$1,500	Combined Student Loans	\$14,000
Car*	N/A	Line of Credit	\$7,500
		Car Loan	\$12,500
TOTAL ASSETS	\$1,500	TOTAL LIABILITIES	\$34,000

*Car isn't considered asset because they decrease in value whereas true assets grow in value.

Homework

- Jose and Carolina will put together their first budget using a free template and budgeting resources from their online bank, Google Docs or GetSmarterAboutMoney.com. They also plan on determining the value of a home they can afford and specific housing options for their growing family.

sewing, reading and writing, while Jose enjoys competitive video games, graphic design and socializing with old pals.

Jose and Carolina talk about money from time to time, but recognize that in order to achieve their financial goals they will have to increase their financial communication, including the immediate task of developing a realistic budget.

When asked, their top financial goals for 2014 are as follows:

- 1 Buy a house and stop paying rent to Jose's parents, whose home they are currently leasing.
- 2 Afford a trip to Ontario to visit family.
- 3 Chip away at their existing debts.

Jose and Carolina's current net worth is -\$32,500.

THE NAMES OF BOTH COUPLES HAVE BEEN CHANGED TO PROTECT THEIR PRIVACY.

tirement and some flexibility to travel.

Currently, though, the couple lives frugally, enjoying the comforts of their own home and the inexpensive excitement of raising their family. When they aren't working or dedicating time to their children, Carolina loves to get creative with crafts,

Anne-Marie and Peter

Anne-Marie and Peter are an active couple in Toronto, aged 36 and 33, respectively. They moved in together five years ago and married last year; they're now expecting their first child in June. Both enjoy their professions: Anne-Marie works in broadcasting and Peter is a senior sports editor for a medium-sized publishing house.

Their combined income hovers close to \$110,000, which is more than the median Canadian household income of around \$72,000.

The couple is fortunate to have money in their budget — yes, they actually have a budget tracked on a spreadsheet — to afford their hobbies, which, in Anne-Marie's case, is centred around the arts while Peter digs hockey and other sports.

They are big into the Toronto foodie scene and love to travel. But their culinary and travel pursuits still require frugality like couponing, paying attention to menu prices and seeking out last-minute travel deals.

The financial landscape for Anne-Marie and Peter

Assets		Liabilities	
Anne-Marie's Pension	\$73,000	Car Loan	\$4,500
Anne-Marie's RESP	\$100	MBNA Low Rate Credit Card #1	\$3,000
Peter's RESP	\$8,000	MBNA Low Rate Credit Card #2	\$8,000
Car*	N/A		
TOTAL ASSETS	\$81,500	TOTAL LIABILITIES	\$15,500

*Car isn't considered asset because they decrease in value whereas true assets grow in value.

Homework

- Between this month and next, Anne-Marie and Peter plan on simplifying their budget (which currently spans multiple spreadsheets), determining the value of a home they could potentially afford to buy by sitting down with a banker for a mortgage pre-approval, and gathering information on Anne-Marie's pension program at work.

trust, which the couple says helps them stay on track and avoid financial arguments.

When asked who runs the day-to-day finances, Peter quickly pointed to Anne-Marie, labelling her as their household's CFO.

But this year financial change is on the horizon as Anne-Marie and Peter welcome their first child into their small, but well-located, rented apartment.

With that in mind, their top financial priorities for 2014 are as follows:

- 1 Pay off as much debt before the baby comes.
- 2 Start saving for their child's education.
- 3 Begin a savings program for a down payment on a home.

Anne-Marie and Peter's net worth is \$66,000.

is full of opportunity. They have healthy financial habits, such as sharing in the bill paying and aggressively paying down debt. Money conversations occur weekly and are rooted in respect and

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HEALTHY WINTER HEART HABITS

Health-conscious Canadians are paying particular attention to cardiovascular health. Seasonal changes can sometimes throw us off our regular routines and some people discard heart-healthy habits for more convenient, unhealthy behaviours.

In fact, statistics show that as many as 40 per cent of Canadians have high cholesterol, which is a risk factor for heart disease.

Experts say the most important factors in cholesterol management are healthy lifestyle choices like a nutritious diet, regular physical activity and not smoking. During the winter months, some people find they lapse in these areas as they spend more time indoors to avoid the chilly weather and enjoy more hearty winter meals.

Here are some tips to help you stay heart healthy this season.

1 Try to consume more heart-healthy foods like fresh fruits and vege-

tables, fish, nuts and berries. Avoid foods with high levels of trans fats. If you do decide to indulge in convenience or comfort foods, try to reduce your portion size.

2 Get outside and enjoy all that winter has to offer. Bundling up and going for a brisk winter stroll can be a great way to get exercise and appreciate the snowy landscape. If you have a pair of skates, visit an outdoor rink — this is the only time of year they open.

3 If you are a smoker, try to cut down or quit smoking this winter. Don't be afraid to reach out to friends and family members for support.

When lifestyle changes aren't enough, Dr. Chris Mohr, RD, PhD, recommends a probiotic supplement that can help bridge the gap between diet, exercise and drugs.

"Cardioviva is the only probiotic that's been clinically proven to help reduce bad cholesterol," Mohr says.

— *News Canada*



COLOURBOX



NOBILIOR IMAGES/COLOURBOX

HEALTHWEST PROVIDES TOTAL CIRCLE OF CARE

For more than 25 years Healthwest has proudly served Manitoba's medical community by providing quality services and products to assist in leading a pain-free and active lifestyle.

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PASSIONATE ABOUT A HEALTHY LIFESTYLE

MUSCLES BY MEYERS

Located in the heart of Winnipeg, Muscles by Meyers is one of Canada's longest serving sports supplement retailers. Operating within Meyers Ltd., a pharmacy and natural food store, Muscles by Meyers has offered numerous competitively priced nutritional supplements to Manitobans for five decades.

"We began as a Winnipeg-based pharmacy," says Dave Clow, general manager. "In 1974, the current owner, Lyall Meyers, used his connections in the medical and food supply industry to get products not available in retail stores, such as protein powders and amino acids. Thus began supplement sales and Muscles by Meyers."

The business recently expanded to reach a global market, shipping worldwide through its online store, musclesbymeys.com.

"We process at least one online order a day," Clow says. "We're industry compliant and we pride ourselves on good practices and product knowledge."



CONTRIBUTED

The staff at Muscles by Meyers has a great deal of knowledge and experience working in the nutrition industry. Two staff members are competitive bodybuilders, one has a degree in nutritional sci-

ences from the University of Manitoba, and the fourth is on her way to completing her nutritional sciences degree.

Each one of the staff is passionate about living a healthy lifestyle, as well

as sharing that information, experience and knowledge with others, with the hope that they too will inherit the same passion.

"When helping customers, we don't just indiscriminately sell them something. We ask questions about their lifestyle, their goals and, based on their responses, make recommendations on what would work best for them."

Oftentimes, the staff can be seen talking to their customers like they are old friends, with no customer coming into Meyers expecting anything less than a 20-minute conversation.

Although growing rapidly, Muscles by Meyers takes time to give back to Manitoba's athletic community by sponsoring athletes of all disciplines and local sports and fitness events. Being involved with everything from bodybuilding to CrossFit, to mixed martial arts and boxing, the Muscles by Meyers and Meyers Drugs Ltd. team continues to carry out a legacy that will hopefully last another five decades.

For more information, please visit musclesbymeys.com.

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Rapid Cleanse is a seven-day total body cleanse that works. Rapid Cleanse supports the seven channels of elimination (blood, skin, kidneys, lungs, lymphatic system, liver and colon). It combines detoxifying herbs and fibre to effectively eliminate toxins from the entire body.

Rapid Cleanse can help to increase energy, improve digestion, accelerate weight loss, and improve overall health.

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A1 Nutrition also offers a wide variety of products for weight loss, fish oils, probiotics, and enzymes and product for digestive issues.



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INCORPORATE MASSAGE INTO YOUR ROUTINE

Have you considered massage therapy as part of your health maintenance routine?

Massage therapy can be an integral part of a healthy lifestyle and effective in managing the negative impacts of everyday stress. Work is perhaps one of the greatest sources of stress for people; however, major life changes, chronic illnesses and injuries may also contribute to overall stress.

At Metta Bodywork Studio you can

expect professional treatments in a warm, secure and comfortable environment. On your first visit, you can expect a brief assessment and meeting with one of our therapists to discuss your individual health goals.

Metta Bodywork Studio's team of registered massage therapists offers a diverse range of manual therapies catered to your unique needs, as well as knowledge in remedial exercise and stress management techniques. All the

therapists are proud members of the Massage Therapy Association of Manitoba and look forward to meeting you.

Metta Bodywork Studio is conveniently located near Polo Park in the St. James Biz district at 1853A Portage Ave. and offers two-hour massage appointments and gift certificates.

For a complete list of services, as well as access to an online booking schedule, visit mettabody.com or call 204-885-5052.

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Testimonial "I am half way through my first bottle of Simply Trim and I am so happy with the results that I had to write you. I have lost 5 pounds so far and eliminated my overwhelming cravings for carbs! I finally feel like I can lose this weight for good." - Liz. September 19, 2013



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GET ACTIVE WITH YOUR TRANSPORTATION

Are you determined to stick to your physical activity goals in 2014?

It's true that at the beginning of every year, many of us overcommit to changes that we think we want or need. But come February, countless goals are broken with a return to bad habits. According to research in 2012, about 68 per cent of Canadians created new year's goals, yet more than half of us broke those goals just one month later.

The resolution trick is to make them easy to implement and maintain so you can stick it out for the long term.

Do you want your family to be more active this year, for example?

One of the easiest ways to do that is to switch to active transportation. Rather than driving, pick up your sneakers, blades, or bicycle to get to your destination. Doing so can significantly contribute to the daily physical activity that is required for overall health.

Here are some tips from ParticipACTION to get you and your family active in ways that are simple and easy to implement:

- Encourage and support your children



KZENON/COLOURBOX

to engage in active transportation, like walking and cycling to and from school.

- Take turns leading a "walking school bus" with other parents in your neighbourhood.
- Instead of driving to recreational

activities like hockey or dance class, factor some extra time to walk.

- Park the car a short distance from school or other destinations and walk the rest of the way when it is not possible to walk the whole way.
- Rather than driving to the grocery

store, why not make it a fun family activity by walking or cycling there?

If kids walked for all trips less than one kilometre, they would accumulate approximately 15 to 20 minutes of walking per trip, which adds up.

— News Canada



Hartley Zelcer
D.D., B.Sc. DENTURIST

**Over
30 Years
Experience**

ZELCER Denture Clinics

What is the denturists' objectives when making dentures?

Dentures must be natural looking and cosmetically appealing, so that the denture wearer can smile with confidence. Dentures must support one's facial features preventing a closed bite, which may lead to TMJ Dysfunction (dizzy spells, earaches, ringing in the ears, loss of hearing and jaw pain). Inability to chew one's food properly can also lead to digestive problems.

How often should dentures be replaced?

Dentures should be replaced approximately every 5 years. Artificial teeth wear down through time. Tissue in your mouth goes through constant changes attributed to aging, weight loss, medications, stress and various other factors; therefore, it is advised to visit your dentist every six months for a check up.

Are dentures expensive?

The cost of dentures can vary considerably from one dentist to the next. It is imperative that the denture wearers fully understand what they are getting for their dollar. Dentures with the highest quality materials do not have to cost a lot.

Are "Self Relining Materials" bought in stores effective?

Self relining materials may interfere with the carefully designed contours and delicate measurements which the denturists constructed in your dentures to ensure a proper fit. They may also cause serious damage to your dentures and gums. Zelcer Denture Clinics reline dentures in 2-4 hours and also provide permanent soft liners for those with sensitive gums.

Should dentures be left out at night?

Dentures should be left out during sleeping hours. The tender oral tissue needs rest every day and most people clench and grind their teeth but don't realize it. This clenching and grinding causes premature gum shrinkage and wearing down of artificial teeth.

What will I look like with new dentures? Will others know I am wearing dentures?

Zelcer Denture Clinics carry the highest selection of teeth and materials imported from around the world. The patient has the opportunity to select the teeth to be used in their dentures, thus ensuring complete satisfaction. Dentures should enhance one's face by reducing and softening lines and in many cases make one look years younger. Only YOU will know you are wearing dentures.

Are partial dentures essential?

Partial dentures are essential as they will not only improve your cosmetics, but help promote overall health when any number of teeth are missing or remaining teeth start to shift. This results in further tooth loss and a reduction in chewing ability. As a result several symptoms may arise such as joint pain, ringing in the ears, dizzy spells, headaches and digestive problems.

With all the current advances in denturism, how do I know which denture products are good for me?

Things such as dental implants, ultra suction valves, magnetic repel dentures, cutterbars, myoloc system and soft liners are just some of the products available for the denture wearer. Speak with Hartley Zelcer and he will explain the effective and cost of these products and what will best suit your individual needs.

Why Zelcer's first?

Since 1950, Zelcer Denture Clinics have always taken great pride in providing the public with the highest quality workmanship and product at very affordable prices. Their reputation was built on customer satisfaction.

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HEALTHY LIVING AND HEALTHY PRICES

NUTRITION PLUS

Nutrition Plus holds true to its business tag line when it says Healthy Living; Healthy Prices. And judging by its repeat customer base since the doors first opened, this is just one of the many reasons clients maintain their loyalty.

In 1999, owner Matthew Calvez chose to take a new career direction and buy a small independent store and start Nutrition Plus. Five years ago he expanded into the current larger location at 2093 Pembina Highway and increased his product offering considerably.

One of the critical reasons Calvez entered into the health products business was his desire to provide customers with products, information and his willingness to assist them in adopting healthy change into their lifestyles.

"I have always felt the need to engage in a healthy way of life and it was important for me to extend my knowledge to support my customers in



CONTRIBUTED

improving the quality of their lives by way of offering superior, healthy products at prices they could afford."

Passing along savings to customers with very little markup is one of the unique propositions Calvez has integrated into his business model, and he judges his success by way of customer comments, who regularly mention to

staff they find the prices to be the most competitive in Winnipeg.

Nutrition Plus offers a great variety of vitamins, minerals, proteins and sports supplements, but also gluten-free products, organic beauty and health products, along with an extensive selection of organic pasta, sauces and prepared foods.

Extensive on-site resources are on display for customers to reference in obtaining background information on many of the products featured in the store. As well, the staff has access to company product specifications, health periodicals and extensive research documentation to assist customers with any questions they may have.

FRESH AND ORGANIC FOOD CHOICES

Are you looking for healthy, organic Canadian grown fresh produce and Manitoba-made products? If so, look no further than Nutrition Plus.

Its convenient location at 2093 Pembina Highway offers it all with a vast array of organic offerings in bulk form, featuring nuts, seeds, oats, rice and legumes.

During the off-season, organic fruits and vegetables are brought in from British Columbia, but throughout the spring, summer and fall, fresh products are sourced locally from Manitoba growers.

The freezer section includes a vast array of natural meats, prepared foods, frozen vegetables, breads, desserts and gluten-free products.

The shelves contain a unique selection of organic pastas, salsa, sauces, cereals, juices, teas and condiments ... everything you need to prepare a healthy, organic meal.

Top quality brands are featured throughout the store, from environmentally friendly cleaning products to whey, protein powders and healthy greens. Nutrition Plus features brands such as Kaizen, Natural Factors, Optimum Nutri-



COLOURBOX

tion and more.

While you visit, try the organic and environmentally friendly beauty products, as many on display for you to discover. Here you will find body, hair, essential oils and facial products by renowned top quality producers from Andalou Naturals, Giovanni Hair Care and Purica.

Nutrition Plus also offers convenient

free delivery on vitamin and nutritional supplement orders more than \$75 within the Perimeter Highway. Deliveries are made every Tuesday evening if the order is placed before 3 p.m.

Convenience and healthy living at healthy prices is Nutrition Plus's mantra. Explore the world of healthy options at Nutrition Plus today.

STORE OF CHOICE

When customers enter Nutrition Plus, not only do they receive attentive customer service, but extensive resources and information delivered by the knowledgeable staff.

"Each customer is asked a series of questions when they arrive so as we can gain an understanding of their needs and offer resolutions," says owner Matthew Calvez. "We pride ourselves in providing customers with options so as they can make learned decisions about their health."

Cheryl Kennedy Courcelles is a dedicated customer and drives in from St. Adophe to purchase naturopathic supplements.

"I am a breast cancer survivor and chose to embrace natural remedies to offset the side-effects of the drugs and to improve my lymphatic system," Courcelles says. "This is my store of choice."

Many customers seeking similar solutions turn to the staff at Nutrition Plus as a resource. Visit its location at 2093 Pembina Highway for solutions to fit your individual needs.

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Store Hours: Friday 10am - 8pm,
Saturday 10am. - 6pm, Sunday 12pm - 5pm



Evander Kane is set to play his first game since the Jets hired head coach Paul Maurice. GETTY IMAGES FILE

Kane looks to earn wings with Maurice

NHL. Forward set to play his first game since coaching change

After missing four games with an injured hand, forward Evander Kane is back in the Winnipeg Jets' lineup for the first time since Paul Maurice took over as head coach.

"I don't think my role changes too much," Kane said Monday, as the team prepared to fly to California for games in Anaheim and San Jose.

"Obviously you are go-

Quoted

"He's a real strong player and he can be a real benefit to whoever he plays with."

Jets head coach Paul Maurice on forward Evander Kane. Kane will play on a line with Mark Scheifele and Blake Wheeler in his first game under Maurice.

ing to have to earn your ice time and play well and show him what you can do. Other guys have had three games to show what they can do and this will be my first one so I'm going to have to be good."

The left-winger has been out since Jan. 7, when he suffered a hand injury in a fight during Winnipeg's 4-2 home

loss to the Tampa Bay Lightning. Although he's missed 12 games due to injury this season, Kane still has 14 goals and 11 assists.

The Jets (22-23-5) have won three in a row since Maurice took over, but are still a point below .500 as they face two of the toughest teams in the Western Conference. Ana-

heim (37-9-5) leads the conference and the NHL with 79 points and hasn't lost a game in regulation time at home.

San Jose is 16-2-3 in their own building.

"We had as much success as we could have had this week, we won three games, so we'll take whatever that's worth," said Maurice.

"I'm much more concerned that they have confidence in each other in what we're trying to accomplish becoming more clearly defined. I feel in practice that I'm seeing the things we've asked them to do come a little bit easier." **THE CANADIAN PRESS**

NHL

League suspends Tortorella and fines Hartley

The NHL suspended Vancouver Canucks coach John Tortorella without pay for 15 days and six games on Monday for his conduct after a brawl between his team and the Calgary Flames.

Tortorella went to Calgary's locker-room at intermission following the first period Saturday night, which began with a handful of fights and four game misconducts per team.

Tortorella blamed Flames coach Bob Hartley for starting his fourth line, saying he couldn't put star players Daniel and Henrik Sedin at risk just to deflate the situation. Hartley was fined \$25,000 US by the NHL. **THE CANADIAN PRESS**

Australian Open

Bouchard takes down former No. 1 to reach semis

Eugenie Bouchard has reached the semifinals in her first trip to the Australian Open, beating 2008 French Open champion Ana Ivanovic 7-5, 5-7, 6-2 on Tuesday to set up a showdown with fourth-seeded Li Na.

The result means two-time Australian Open finalist Li, who beat Flavia Pennetta 6-2, 6-2 in an earlier quarter-final, will have to face a teenager for the third time in the tournament.

The 19-year-old Bouchard is the first Canadian to reach the Australian Open semifinals.

THE ASSOCIATED PRESS

Marchand keeps filling the net vs. Kings



Brad Marchand celebrates his game-winning goal against the Kings with his Bruins teammates on Monday in Boston. ELISE AMENDOLA/THE ASSOCIATED PRESS

Brad Marchand really didn't have an explanation for his recent run. He just wants it to last as long as possible.

Marchand continued his hot scoring stretch with a pair of goals Monday, lifting the Boston Bruins to a 3-2 win over the Los Angeles Kings.

He also had two in Boston's shootout loss in Chicago on Sunday and has scored six in his past four games.

After scoring just one goal in his initial 14 games this season, he's had 11 in his past 15.

On Monday

3

Bruins

2

Kings

"When bounces are going your way, you get more confidence," he said. "I think that's all that it is. I think early on I didn't feel confident in anything I was doing. Hope-

fully it'll continue."

Torey Krug had the other goal for the Bruins, who won at home for the 11th time in 13 games. Backup goaltender Chad Johnson made 21 saves.

"We're very happy," Marchand said. "Two very good teams with back-to-back with travel. This game was a really tough one. We've got to be happy. We played a great game yesterday."

Willie Mitchell and Jeff Carter scored for the Kings. Jonathan Quick stopped 20 shots. **THE ASSOCIATED PRESS**

Horoscopes

Aries

March 21 - April 20

Even if you prefer to walk alone, it will pay you to get more involved in group activities over the next few days. Friends will bring you luck and make life more enjoyable.

Taurus

April 21 - May 21

This is the perfect time to give your reputation a boost. You will find favour with people in positions of power but the most important thing is that you believe in yourself.

Gemini

May 22 - June 21

Don't waste time telling the world what you are going to do — just do it. You should be aiming higher than ever before. If you want something enough, you can make it happen.

Cancer

June 22 - July 23

Someone you do business with will force you to choose between your ideals and your earnings. If you compromise your principles once, you will be expected to compromise them again and again.

Leo

July 24 - Aug. 23

Now that the Sun is transiting your opposite sign of Aquarius, make an effort to see things from alternative points of view. Also, don't criticize people you care for just because they fail to live up to your high standards.

Virgo

Aug. 24 - Sept. 23

Cosmic activity in the area of your chart that governs your work and your well-being is warning you not to push yourself too hard. Your energy levels may be a bit low, so pace yourself sensibly.

Libra

Sept. 24 - Oct. 23

Throw caution to the wind and just let your instincts guide you. This is a great time for creative activities and affairs of the heart, so be creative about your love life and love everything you create.

Scorpio

Oct. 24 - Nov. 22

Decisions you make over the next few days will have a lasting impact on your domestic situation. So, make sure you know the facts and you are not being misled by those who have an agenda.

Sagittarius

Nov. 23 - Dec. 21

Be sociable. Wherever you go and whatever you do, you will have a lot of fun and even the most ordinary of encounters will be hugely enjoyable.

Capricorn

Dec. 22 - Jan. 20

If you need financial assistance, now is the time to ask for it. The planets make it easy to convince those who can help that your cause is deserving. Having said that, the assistance will not come cheap, so help yourself as much as you can.

Aquarius

Jan. 21 - Feb. 19

It's one of the most vital times of the year for you. The Sun in your sign will ensure whatever you do is endowed with extra power. Aim to do good things for others and good things will come your way.

Pisces

Feb. 20 - March 20

This may be a difficult time for you, but it is also a time when you can learn a great deal about yourself, which in turn makes success in the long-term more likely. **SALLY BROMPTON**

Crossword: Canada Across and Down

Across

- University of Manitoba, Home of the ___
- Male swan
- House of ___ (Mid-east royal family)
- Jessica Simpson's sister
- NB community, locale of 5 CDSB Gagetown
- Elegant aircraft
- Blue in colour, it's the Yukon's official gemstone
- Forestry fluid
- Uncertainty
- Splashy surges
- Music producer, Don ___
- Oscar-winning actress, Melissa ___
- Ms. Sedgwick
- Ride the waves
- Get there
- Make happy
- Amy's Golden Globes co-host
- These: French
- ___ one's arms (Cease the stern-looking pose)
- Popcorn brand, ___ Redenbacher's
- US state, North ___
- Made, as cotton candy
- "___ you can!" (Buffet host's urging)
- Elated
- Caustics
- Prefix to 'aller'



Down

- Undereye cream targets
- Ms. Fisher
- Do charades: 2 wds.
- Wild blue yonder's
- Dictionary abbr.
- Spanish Conquistador, Hernan ___ (b.1485 - d.1547)
- Calendar abbr.
- Mop & ___ (Floor cleaner)
- "Lorna ___" (1951)
- "Best ___ Had" by Drake
- Liq. amounts
- Jay Z's wife, to fans: 2 wds.
- Velvet
- Gwen Stefani's rocker hubby Gavin

- Scuba diving exploration site
- Antiquated
- Must-haves
- Prefix to 'tonin' (Sleepy stuff)
- Stephen of that satirical 'Report' show
- Handel musical work
- TLC member, T-___
- "___, ___ how are you 'n' stuff?"

- (English-as-it's-often spoken query)
- Tart-tasting
- Express
- ___ great job (Performs well)
- Mother goddess of Thebes
- 'Form' suffix
- Way out there
- Tater
- Forearm bone
- Concerning,

- curtly: 2 wds.
31. ___-___-vroom!
33. Fair
34. Catch a glimpse
36. Vancouver Island: ___ Sound
37. Ms. Macpherson
38. Poivres partners
40. Canadian Forces Base ___, in Alberta
42. "___ be okay." (Don't worry)
45. Ballet legend, Rudolf ___ (b.1938 - d.1993)
47. "Bridget ___ Diary" (2001)
48. Ms. Ullmann
50. Main office [abbr.]
51. "How are things?" : 2 wds.
52. Verse
54. Painter, El ___ (b.1541 - d.1614)
56. Conclusion
58. Leave a disaster area, for short
60. Honest
61. Positions
63. Woolly one's call
65. Env.'s stuff-y

See today's answers at metronews.ca/answers.
BY KELLY ANN BUCHANAN

Yesterday's Crossword

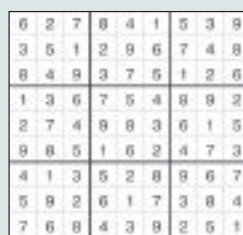


Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku



Weather

TODAY

WEDNESDAY

THURSDAY



MAX: -17°
MIN: -24°



MAX: -24°
MIN: -30°



MAX: -13°
MIN: -15°



JENNA KHAN WEATHER SPECIALIST

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